

JOY ACTIVITY SURVEY

The second self-assessment is to help you see more specifically how the activities you enjoy are currently integrated into your life.

List the ten activities you enjoy doing most. Be honest with yourself. List the things you really like to do rather than what you think you should like doing. Don't forget primary needs activities such as eating, sex, sleeping, etc.

| Activity | A | B | C | D | E | F | G |
|----------|---|---|---|---|---|---|---|
| 1. | | | | | | | |
| 2. | | | | | | | |
| 3. | | | | | | | |
| 4. | | | | | | | |
| 5. | | | | | | | |
| 6. | | | | | | | |
| 7. | | | | | | | |
| 8. | | | | | | | |
| 9. | | | | | | | |
| 10. | | | | | | | |

When you have finished listing your favorite activities, indicate the following:

- A. When or with who you enjoy doing them the most: Alone, with your family, with your children, with friends?
- B. Do you do this out of doors?
- C. How much does it cost to do this activity (don't count start-up costs)?
- D. Do you realistically expect to be doing this when you are 65?
- E. How often do you do this activity or when was the last time you did it?
- F. Who taught you to enjoy the activity?
- G. Does this activity add or detract from your general health?